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## MELANZANE - THE EGGPLANTS and PASTA



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The eggplant was cultivated in India long before it arrived in Europe, where it arrived around 1400 thanks to Arabs. Today it is one of the symbols of Mediterranean gastronomy.

The external molecules, the ones which make the outside purple, are anthocyanins and for this reason, it is advisable not to exfoliate the external part. The pulp has a good content of potassium and fiber. The water they release is instead bitter and for this reason, the ideal recipes suggest to cut them and leave them to drain. Frying is the cooking method that increases fats the most, therefore it is better if they are simply sautéed in a pan or boiled with the addition of extra-virgin olive oil; when grilled they reduce to 50% the anthocyanins of the peel.

Pasta with eggplant, peppers and tomatoes.

Summer enters the plate with this light version of pasta. You can use your favorite type of pasta to make it.

### *Ingredients for 4 people*

300 gr of long or short pasta as desired

two peppers

one eggplant

some cherry tomatoes

parsley

onion

salt pepper to taste

olive oil

half a glass of white wine

if you like a pinch of hot chili pepper

Proceed to clean the vegetables and cut them into small pieces.

In a frying pan, grease it with a little oil.

Chop the onion

Add the previously chopped vegetables. Let them fry, if necessary, add a dash of white wine.

Salt and pepper, a pinch of hot chili pepper, if you like, to dilute the sweetness of peppers and the eggplants.

A sprinkling of parsley,

Drain the pasta and serve!

bon appetit!



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